

## Skill Sheet 10-I-2

**Objective 19:** Carry a ladder — One-firefighter low-shoulder method. (*NFPA® 1001, 5.3.6*)

**Student Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_

### Directions

For this skills evaluation checklist, students will carry a ladder using the one-firefighter low-shoulder method. Students should carry the ladder at least 20 feet (6 m). When lifting a ladder from the ground, remind students to use the proper technique to avoid back strain or injury.

### Equipment & Materials

- One 14-foot (4.3 m) single (wall) ladder or one 24-foot (8 m) extension ladder
- Protective clothing

### Criteria & Evaluation Comments

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Criteria (determined by the AHJ)

*After the candidate has completed the skill sheet, write comments below.*

Evaluator/Candidate Comments

Pass

☐

Fail

☐

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Evaluator Signature

Date

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Student Signature

Date

## Skills Evaluation Checklist

**Objective 19:** Carry a ladder — One-firefighter low-shoulder method.

Task Steps		Yes	No
1.	Position yourself at lifting point near the center of the ladder.		
2.	Kneel beside the ladder. a. At lifting point b. Facing ladder butt c. On knee closest to ladder		
3.	Grasp the ladder rung opposite your knee. a. With hand closest to ladder b. Palm forward		
4.	Stand the ladder on edge. a. Pivot on nearer beam, raising farther beam		
5.	Stand up. a. Use leg muscles, keeping back straight and vertical		
6.	Reposition yourself for carrying. a. As ladder is brought up b. Pivot toward tip of ladder c. Insert other arm through rungs		
7.	Position ladder for carrying. a. Upper beam resting on shoulder b. Tip lowered slightly c. Steadied with both hands		
8.	Lower the ladder to the ground. a. Reversing lifting procedure b. Body and toes parallel to ladder		